## Health and Thrift in the Home

For making grape juice use any o

### VARIOUS WAYS TO PREPARE OUS WAYS TO PREPARE AND BOTTLE FRUIT JUICES The contents of the bottles or lars out to juice carefully to avoid getting the pulp into the liquid. Strain the juice, bottle and sterilise it. Like grape and currant juices, blackberry juice may be used alone or mixed with other fruit juices as a drink. It can also be used for making jelly.

The Star's Household Expert Tells How This Work May Be Done at Home—Importance of Clarifying and Sterilization. An ordinary washboiler fitted with a light wooden are highly and the fitted with a light wooden as the filled bottles place them to the rack, and if the juice was put needed fill the boiler with cold water to within about two inches of the tous he to water lize and sterilize it. Raspberry slices may be used alone or with other fruit juices as a drink. It can also be used for making lelly.

Raspberry files and press out the part to with a bottles place them the tous he bettles. If the juice was put needed fill the boiler with cold water to within about two inches of the bottles. If the juice was hot use het water. Place the boiler on the stove and let the water heat until it reaches 116 degrees Fahrenheit Keep if at that temperature for about an hour.

At the snd of that time cork the bottles or geal ste lars, and when the water is cool remove them from the bottle or geal ste lars, and when the water is cool remove them from the bottle or geal ste lars, and when the water is cool remove them from the bottle or geal ste lars, and when the water is cool remove them from the bottle or geal ste lars, and when the water is cool remove them from the bottle or geal step lars, and when the water is cool remove them from the bottle or geal step lars, and when the water is cool remove them from the bottle or geal step lars, and when the water is cool remove them from the bottle or geal step lars, and when the water is cool remove them from the bottle or geal step lars, and when the water is cool remove them from the bottle or geal step lars, and when the water is cool remove them from the bottle or geal step lars, and when the water is cool remove them from the bottle or geal the jure of colder vinegar to fire and store the interest of the sugar is dissolved. Bottle and sterilize it is and sterilized by our set fruit jars, bottle or geal the remove of the sterilized by being dipped in boiling water.

For mekin t

a speil than full ones.

e bottles may be filled with cold not juice, as desired, but if they rice, as desired, but if they with cold juice allowance made for the expansion of utes without letting them boil. Press.

the juice without heating them. Crushing the cherries, stones and all. imparts a flavor to the juice that Salems and some of the less common varieties. The flavor, color and taste depend on the kind of grapes that you use. Unfermented grape juice may be used alone or in combination with other fruit juices as a beverage and forms the basis of many appetizing dessetts. Following are good examples of some of the ways in which course into can be used: of selecting clean, sound fruit, fully ripe, but not overripe, of using clean utensits and of thoroughly sterilizing the bottled product. Have at hand a thermometer which will register up to 220 degrees Fahrenheit, so that you can determine accurately the temperatures to which the juices are heated. A candy thermometer is excellent for the purpose.

Pressing, Clarifying and Sterilising. Crush the fruit and then place it in a clean, stout cloth sack and either hang it up to drain or twist the sack until the juice is pressed out. Cooking if the fruit slightly before pressing it in a color and gives a good flavor. Heating to about 200 degrees Fahrenheit for the color and gives a good flavor. Heating to about 200 degrees Fahrenheit for the purpose.

Freshig to about 200 degrees Fahrenheit for the purpose of two lemons of grape juice, the juice of two tables and start the juice. It is always best to use porcelain lined or enamel ware lutions and start the juice. It is always best to use porcelain lined or enamel ware lutions and start the juice. It is always best to use porcelain lined or enamel ware lutions and start the juice. It is always best to use porcelain lined or enamel ware lutions and start the juice. It is always best to use porcelain lined or enamel ware lutions and start the juice. It is always best to use porcelain lined or enamel ware lutions and start the juice. It is always best to use porcelain lined or enamel ware lutions and start the juice. It is always best to use porcelain lined or enamel ware lutions and start the juice. It is always best to use porcelain lined or enamel ware lutions and start the juice. It is always best to use porcelain lined or enamel ware lutions and start the juice and the juice an

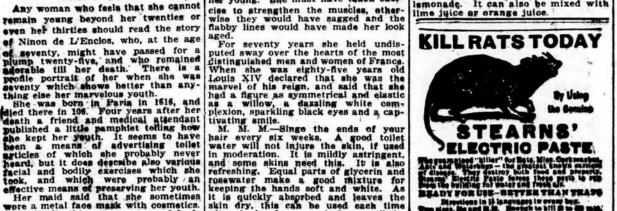
From either red or black currants and stemon and treess the mixture.

In order to get clear fruit juice remove the sediment or seum that always appears on freshly pressed fruit juices. A good way to do this is to jet it juices. A good way to do this is to jet it juice stand for several hours in a covered earthen vessel and then strain it through cheesecloth.

To prevent fruit juices from spoiling you must heat them to a high temperature in order to kill all molds and bacteria that are present, and then store the juices in tightly sealed containers to prevent air from getting in. To get the best results, wash the bottles or jars thoroughly with soap and water and then rinse well with clean, hot water to remove the eap. Fill the bottles or jars with soap and water and then rinse well with clean, hot water to remove the eap. Fill the bottles or jars with soap and water and then rinse well with clean, hot water to remove the liquid will be as small as possible. Partly filled conjainers are more likely to spett than full ones.

The bottles may be filled with cold

Slice the grapefruit thin. If you wish the sirup to have the bitter taste if the fruit leave the rind on, otherwise remove it. Add one quart of water to every quart of sliced fruit. or porcelain lined preserving kettle or a few minutes and strain it hrough cheesecloth. Add one pint of ugar to each quart of strained liquid teat it to the boiling point and bottle thot in clean, sterilised bottles. Cork cael place. When diluted with water and served with shaved ice grapefruit





but this alone would never

roman who feels that she cannot her young. She must have taken exer-

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HOME ECONOMICS.

BY MRS. ELIZABETH KENT.

Where to Sew.



the country over today, are placed so

Crushing the cherries, stones and all. imparts a flavor to the juice that many persons like. Others prefer to remove the stones. Cfarify the juice if necessary; bottle and sterilize it. Cherry juice combines well with other fruit juices in preparing fruit punches, to which it adds a good flavor. By mixing cherry juice with equal parts of currant or raspberry juice you can make a jelly as follows: Cook the mixture down to one-third of its volume and add one pound of sugar to each pint of juice. Cook it until the sirup jellies.

To make cherry sirup add one pint of sugar to one quart of cherry juice with elight fall on your hands, and not juice and cook the mixture until the comparts of the cherry sirup add one pint of sugar to one quart of cherry into your eyes.

Others prefer to domestic science to prove a handicap—unless we know to spend the vacation is pretty gure training schools is so that the light content of the specialists a vacation is pretty gure to prove a handicap—unless we know to prove a handicap—unless we hate to prove a handicap—unless the light fall on your hands, and not into your eyes.

Other points about the place to sew are fresh air, which in summer means a well-screened window, open; a comfortable chair, that is, a chair with a back, without arms, low rather than high, that the feet may rest securely on the floor, and cushioned or padded enough to take the edge off its hardness. Fresh air, good light, comfortable seat and a pleasure, but they go far to leasen its drudgery. Take your darning to the verands, your whitting to the orchard, your buttonholes to the garden, and put your machine by a window where you can look out upon some pretty or interesting sight.

Mosquitoes bite harder and deeper along the outer or southern rim of Cape Cod than anywhere else in the world, with those on the New Jersey flats a good second and the North Woods breed holding third place. Ordinary porch or dooryard mosquitees merely nibble in a lackadisical manner, just enough to belie the resident who assures the visitor that there are no mosquitoes in the resident who assures the visitor that there are no mosquitoes in the resident who assures the visitor that there are no mosquitoes in the resident who assures the visitor that there are no mosquitoes in the resident who assures the visitor that there are no mosquitoes in the resident who assures the visitor that there are no mosquitoes which favors the full development of their eggs. Of course, mosquitoes cannot breed in bushes or damp grass or weeds, though they may hide and rest there is not breed in, be it only an old tomato can

pretty or interesting sight.

Personal Health Service By WILLIAM BRADY, M. D. Noted Physician and Author

It is a pretty serious thing to jump softer muscles to a life of activity and that the sewer faces head on into the sillight. Is yours so placed? If it is, you are trying your eyes unnecessarily, injuring your nerves, your digestion and the quality of your machine stitching, as well. The right position for the sewing machine in the house, in shops, in domestic science

vegetarians, but the females crave blood which favors the full development of their eggs. Of course, mosquitoes cannot breed in bushes or damp grass or weeds, though they may hide and rest there; they must have stagnant water to breed in, be it only an old tomato can or the footprint of a cow or horse (na field flavor and lasting qualities."

the surface of the water only a few moments at a time.

In a week the larvae or wiggletails are transformed into commashaped creatures called pupae. also air breathers, and after two or three more days the pupae become winged mosquitoes. Thus about ten days is enough time for mosquitoes to breed if water is permitted to stand unscreened or unoiled for ten days. Unless blown by winds or carried in conveyances mosquitoes almost never travel more than half a mile from their breeding place, and usually do not travel more than a few rods from their breeding place. The presence of flies is proof of filthy con-

How about a little lecture on "Com fort vs. Colic"? I have a baby fou months old and Sairey prescribes flan-nel shirts, flannel bellybands, flannel skirts, etc., even in torrid weather. I think cotton shirts, skirts, etc., prefer-able in hot weather. Sairey insists that flannel prevents colic and lots of other things. She also insists that a band should be kept on till the baby is, a year old, to "strengthen the baby's back." In this latter I agree with her.

Answer .- Infants suffer more seriou Answer.—Infants suffer more semously from excessive heat than older children and adults do, because the infant's heat regulation equipment is less
competent. Many bables literally die
from excessive heat in midsummer.
Therefore your preference for cotton
is right, and the less of that, on hot
days, the better for the baby's health.
No bellyband should be kept on a baby
after the name has healed and requires

ARCTIC EXPLORER EXTOLS

DONALD B. MacMILLAN, FAMOUS. ARCTIC EXPLORER. on the eve of his departure for Baffin Land, calls on us and gets a liberal supply of "Salada" for his Arctic dash.

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Colic, Me Grandmether!

Kindly publish semething to tone down a brilliant, shiny, red nose. This is no rum blossom. I do not even indulge in home brew. (Miss C. P. B.) Answer.—Dab the angry thing every night before retiring with this solution, and allow it to dry on:



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